



BIEG MIKOŁAJKOWY - 5KM (JAMNEŃSKI TOUR BIEGOWY)

B4SPORT

Organiser: Rada Osiedla Jamno - Łąbusz, Koszalińskie
Towarzystwo Krzewienia Kultury Fizycznej
Date: 2017-12-03
Place: Koszalin
Distance: 5 km



Classification: K-OPEN

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
1	SZABAŁOWSKA Małgorzata	174	MKL SZCZECINEK	K-16	1	00:20:00.25		4:00	15 (100%)
2	BORYCHOWSKA Marlena	12	KB TUPOT USTKA	K-16	2	00:20:32.05	+00:00:31 (2.6%)	4:06	14.6 (97.3%)
3	FRONTCZAK Izabela	39		K-30	1	00:21:59.65	+00:01:59 (9.0%)	4:24	13.6 (90.7%)
4	GÓRA Agnieszka	52	#ZABIEGANINOCA	K-40	1	00:22:31.65	+00:02:31 (11.2%)	4:30	13.3 (88.7%)
5	CHODOR Martyna	18	TKKF KOSZALIN	K-30	2	00:22:36.40	+00:02:36 (11.5%)	4:31	13.3 (88.7%)
6	NIEWIŃSKA SEK Monika	121		K-30	3	00:22:57.30	+00:02:57 (12.9%)	4:35	13.1 (87.3%)
7	SZUBERT Julia	183	KOŁOBRZEG BIEGA	K-16	3	00:23:10.40	+00:03:10 (13.7%)	4:38	12.9 (86.0%)
8	CHODOR Izabela	17	TKKF KOSZALIN	K-30	4	00:23:26.15	+00:03:25 (14.6%)	4:41	12.8 (85.3%)
9	KRZEWIŃSKA Małgorzata	99	TKKF KOSZALIN	K-50	1	00:23:27.00	+00:03:26 (14.7%)	4:41	12.8 (85.3%)
10	MEJER Aleksandra	111		K-16	4	00:23:29.00	+00:03:28 (14.8%)	4:41	12.8 (85.3%)
11	GARSKA Joanna	44	ŚWIAT PŁYTEK I KRYSPIŃNA	K-40	2	00:23:32.90	+00:03:32 (15.1%)	4:42	12.7 (84.7%)
12	LEWANDOWSKA Anna	102		K-16	5	00:23:52.65	+00:03:52 (16.2%)	4:46	12.6 (84.0%)
13	KAŻMIERCZAK Agnieszka	81		K-40	3	00:24:08.10	+00:04:07 (17.1%)	4:49	12.4 (82.7%)
14	KOSMAŁA Aleksandra	90		K-30	5	00:24:38.80	+00:04:38 (18.8%)	4:55	12.2 (81.3%)
15	PLUTA Katarzyna	138	ZABIEGANINOCA	K-16	6	00:25:11.65	+00:05:11 (20.6%)	5:02	11.9 (79.3%)
16	MALINOWSKA-BURDA Aleksandra	106		K-16	7	00:25:15.60	+00:05:15 (20.8%)	5:03	11.9 (79.3%)
17	SZNYTER Sabina	223	DECATHLON	K-16	8	00:25:19.80	+00:05:19 (21.0%)	5:04	11.8 (78.7%)
18	ŁOZIŃSKA Karolina	216		K-16	9	00:25:36.30	+00:05:36 (21.9%)	5:07	11.7 (78.0%)
19	CHORAŻY Karolina	22		K-16	10	00:25:38.40	+00:05:38 (22.0%)	5:07	11.7 (78.0%)
20	JUSIŃSKA Anna	67		K-40	4	00:25:47.90	+00:05:47 (22.5%)	5:09	11.6 (77.3%)
21	MILEK Ewelina	225	DECATHLON	K-16	11	00:25:55.60	+00:05:55 (22.8%)	5:11	11.6 (77.3%)
22	JANKOWSKA Monika	63		K-16	12	00:25:56.85	+00:05:56 (22.9%)	5:11	11.6 (77.3%)
23	GŁUCH Katarzyna	49	ELEKTRONIK	K-30	6	00:26:11.05	+00:06:10 (23.6%)	5:14	11.5 (76.7%)
24	STRZELECKA Małgorzata	169	SAILING TEAM FERAJNA	K-40	5	00:26:27.65	+00:06:27 (24.4%)	5:17	11.3 (75.3%)
25	ROBAKOWSKA Żaneta	148	GABINET REHABILITACJI AKTYWNEJ	K-30	7	00:26:39.20	+00:06:38 (24.9%)	5:19	11.3 (75.3%)
26	KOLIGAT Anna	85		K-30	8	00:26:39.50	+00:06:39 (25.0%)	5:20	11.3 (75.3%)
27	SZUBERT Agnieszka	181	KOŁOBRZEG BIEGA	K-30	9	00:26:39.95	+00:06:39 (25.0%)	5:20	11.3 (75.3%)

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
28	WĄSOWICZ Anna	196		K-30	10	00:27:02.15	+00:07:01 (26.0%)	5:24	11.1 (74.0%)
29	PACAN Mira	129	ŚWIAT PŁYTEK U KRYSPIŃ	K-30	11	00:27:03.40	+00:07:03 (26.1%)	5:24	11.1 (74.0%)
30	JUSZCZYK Agnieszka	70	ANOX TEAM	K-30	12	00:27:26.75	+00:07:26 (27.1%)	5:29	10.9 (72.7%)
31	KOMOROWSKA Beata	86	ROZBIEGANY KOSZALIN	K-40	6	00:27:38.15	+00:07:37 (27.6%)	5:31	10.9 (72.7%)
32	RASZPLA Ilona	146	CIOTECZKI.PL	K-40	7	00:27:40.05	+00:07:39 (27.7%)	5:32	10.8 (72.0%)
33	LATOPOLSKA-OLEJNIK Kalina	101	ŻYTŃNIA TEAM	K-30	13	00:27:49.75	+00:07:49 (28.1%)	5:34	10.8 (72.0%)
34	POKRZYWKA Olga	142		K-16	13	00:28:15.45	+00:08:15 (29.2%)	5:39	10.6 (70.7%)
35	BURSZTA Marta	16	KARLINO BIEGAJ	K-16	14	00:28:16.55	+00:08:16 (29.3%)	5:39	10.6 (70.7%)
36	SZEWCZYK Paulina	178		K-16	15	00:28:34.30	+00:08:34 (30.0%)	5:42	10.5 (70.0%)
37	PŁOTKA Emilia	140		K-30	14	00:28:50.85	+00:08:50 (30.7%)	5:46	10.4 (69.3%)
38	KILJAN Sylwia	213		K-30	15	00:29:06.60	+00:09:06 (31.3%)	5:49	10.3 (68.7%)
39	TRACZ Jadwiga	185		K-30	16	00:29:15.20	+00:09:14 (31.6%)	5:51	10.3 (68.7%)
40	FIDUN Anna	37		K-30	17	00:29:27.45	+00:09:27 (32.1%)	5:53	10.2 (68.0%)
41	SULL Agnieszka	171	NIGHT RUNNERS SŁUPSK	K-40	8	00:29:32.05	+00:09:31 (32.3%)	5:54	10.2 (68.0%)
42	SUSKA Joanna	173		K-16	16	00:29:38.55	+00:09:38 (32.5%)	5:55	10.1 (67.3%)
43	DOMAŃSKA Katarzyna	29		K-40	9	00:29:38.80	+00:09:38 (32.5%)	5:55	10.1 (67.3%)
44	BORSUK Dorota	11		K-40	10	00:29:56.65	+00:09:56 (33.2%)	5:59	10 (66.7%)
45	BEDNARZ Katarzyna	3		K-40	11	00:29:56.90	+00:09:56 (33.2%)	5:59	10 (66.7%)
46	MYSZKOWSKA Grażyna	116	NIGHT RUNNERS SŁUPSK	K-50	2	00:30:15.40	+00:10:15 (33.9%)	6:03	9.9 (66.0%)
47	OZIMEK Iwona	128		K-30	18	00:30:20.65	+00:10:20 (34.1%)	6:04	9.9 (66.0%)
48	KOSECKA Sylwia	88	ZAKWAS	K-16	17	00:30:21.25	+00:10:21 (34.1%)	6:04	9.9 (66.0%)
49	BIEŁĘDA Karolina	212	RAMS TRAINING HOUSE	K-30	19	00:31:03.35	+00:11:03 (35.6%)	6:12	9.7 (64.7%)
50	PASEK Paula	132		K-30	20	00:31:07.90	+00:11:07 (35.7%)	6:13	9.6 (64.0%)
51	WALECKA Katarzyna	193	ATOMOWKI	K-30	21	00:31:14.70	+00:11:14 (36.0%)	6:15	9.6 (64.0%)
52	SOKOŁOWSKA Anna	160	ATOMOWKI	K-30	22	00:31:15.10	+00:11:14 (36.0%)	6:15	9.6 (64.0%)
53	KOT Aleksandra	91		K-30	23	00:31:43.15	+00:11:42 (36.9%)	6:20	9.5 (63.3%)
54	WODZYŃSKA Katarzyna	201		K-30	24	00:31:43.35	+00:11:43 (36.9%)	6:20	9.5 (63.3%)
55	TRĘBSKA Marta	186	ZABIEGANINOCA	K-40	12	00:31:43.85	+00:11:43 (37.0%)	6:20	9.5 (63.3%)
56	BERNECKA Agnieszka	5		K-40	13	00:32:05.45	+00:12:05 (37.7%)	6:25	9.3 (62.0%)
57	NIEDBAŁA Dorota	118		K-40	14	00:32:05.65	+00:12:05 (37.7%)	6:25	9.3 (62.0%)
58	ULENBERG Maria	190		K-16	18	00:32:13.80	+00:12:13 (37.9%)	6:26	9.3 (62.0%)
59	STANCZEWSKA Karolina	164		K-30	25	00:32:14.50	+00:12:14 (38.0%)	6:27	9.3 (62.0%)
60	SZAFIROWICZ-CHOJNACKA Paulina	175		K-30	26	00:32:19.00	+00:12:18 (38.1%)	6:27	9.3 (62.0%)
61	RAMA Ewa	145		K-50	3	00:33:23.20	+00:13:22 (40.1%)	6:40	9 (60.0%)
62	BOCHNIAK Małgorzata	8	JAMNO	K-30	27	00:33:40.90	+00:13:40 (40.6%)	6:44	8.9 (59.3%)
63	JANDURA Patrycja	62		K-16	19	00:33:43.45	+00:13:43 (40.7%)	6:44	8.9 (59.3%)
64	KRYSTOSIK Paulina	98		K-16	20	00:34:40.65	+00:14:40 (42.3%)	6:56	8.6 (57.3%)
65	MAŁYSZEWICZ Teresa	108		K-50	4	00:34:54.40	+00:14:54 (42.7%)	6:59	8.6 (57.3%)
66	KULASZEWICZ-HENGIER Sabina	100		K-30	28	00:35:15.80	+00:15:15 (43.3%)	7:03	8.5 (56.7%)
67	GÓRSKA Dorota	53		K-50	5	00:35:35.45	+00:15:35 (43.8%)	7:07	8.4 (56.0%)
68	SOLAK Halina	161	ŚWIAT PŁYTEK U KRYSPIŃ	K-60	1	00:39:27.30	+00:19:27 (49.3%)	7:53	7.6 (50.7%)
69	DAMPS Julita	27	NIGHT RUNNERS SŁUPSK	K-30	29	00:40:20.65	+00:20:20 (50.4%)	8:04	7.4 (49.3%)

Total 69 results.